



Loma Verde Recreation Center

The following are 8-week courses, unless specified otherwise.

Classes begin the week of July 6 and end the week of August 23.



PRE-SCHOOL CLASSES

Tiny Tots 3 – 5 yrs.

The Recreation Department Tiny Tot program is designed to provide worthwhile and enjoyable experiences for youngsters in their first step from home into a stimulating and enjoyable recreational environment. Daily activities that are offered include storytelling, arts and crafts, show and tell, music and games to develop social skills. We recommend that children who are registered for four days be enrolled at different centers. Parents provide daily snacks. All participants must be completely potty trained. Children must be at least 3 years of age prior to the beginning of the session. Proof of age is required at the first class meeting.

Instructor: M. Campos

Fee: \$88 Resident/\$110 Nonresident

#0090.333 Tue/Thu 9 – 11:50 am

#0090.324 Wed/Fri 9 – 11:50 am

Apples to Zebras 3 – 5 yrs.

Children enjoy learning and working with the alphabet. The purpose is to make learning the ABC's fun through games, songs, and arts & crafts. Each child will have an alphabet book to take home.

Instructor: Staff

Fee: \$52 Resident/ \$61 Nonresident

#0240.321 Tu/Th 1 – 2 pm



Tales for Tots 3 – 5 yrs.

Get ready to read and explore the fascinating world of books. We'll read children's stories together and create an art project about the book. Children will be introduced to such concepts as characters, plots and settings.

Instructor: Staff

Fee: \$32 Resident/ \$39 Nonresident

#0250.321 Mon 1 – 1:45 pm

Pre-School Gymnastics 4 – 5 yrs.

This class emphasizes the development of coordination, balance, flexibility, and self-confidence through the introduction of beginning tumbling skills.

Instructor: L. Cornwall

Fee: \$25 Resident/\$29 Nonresident

Pre-School Gymnastics I/II

#0010.331 Mon 3 – 3:50 pm

#0010.333 Sat 9 – 9:50 am



Pre-School Ballet 3 – 5 yrs

Students will learn elementary ballet techniques and terminology with increased emphasis on basic motor skills utilizing creative movement combined with imagination. This course covers routines, rhythm, coordination and stretching.

Instructor: C. Perez

Fee: \$21 Resident/ \$25 Nonresident

#0110.326 (first time students) Fri 4 – 4:30 pm

#0110.327 (returning students) Fri 4:30 – 5 pm

Pre-School Bailes Lindo-Folklorico 1 – 5 yrs.

The basics of graceful and exciting Latin dance will be taught to beginners. Learn rhythm and listening skills.

Instructor: M. Sanchez

Fee: \$25 Resident/\$30 Nonresident

#0210.321 Thu 4:15 – 4:45 pm



Pre-School Latin Dance 1 – 5 yrs.

Students learn the basics of Latin dances in an exciting atmosphere. Class is intended for beginners.

Instructor: M. Sanchez

Fee: \$25 Resident/\$30 Nonresident

#0210.325 Tue 5:15 – 5:45 pm

PERFORMING ARTS

Cheer/Dance 7 – 10 yrs

Students will learn the basics of cheer and dance and what it takes to become a good cheerleader.

Instructor: C. Hughes

Fee: \$37 Resident/\$44 Nonresident

#1434.324 Tue 4 – 5 pm

Ballet 6yrs and over

Students will learn ballet steps, techniques, and terminology as they have fun and improve their poise. This course covers ballet combinations, rhythm, coordination, and stretching.

Instructor: C. Perez

Fee: \$25 Resident/\$30 Nonresident

#1235.324 Fri 5 – 5:45 pm



Polynesian Dance

The basics of graceful and exciting Polynesian dance will be taught to beginners. New dances will be introduced to intermediate and advanced students, with emphasis on challenging routines and preparation for public appearances. Instructor's approval is required for all intermediate and advanced classes.

Instructor: G. Berthiaume

Fee: \$21 Resident/ \$25 Nonresident

Beginning 5 yrs & over

#1280.322 Thu 5:45 – 6:35 pm

Beginning 12 yrs. – Adults

#1290.321 Wed 7:30 – 8:20 pm

Intermediate 8 yrs & over

#1295.321 Wed 5:30 – 6:20 pm

Advanced 9 yrs & over

#1298.325 Wed 6:30 – 7:20 pm

Mexican Folk Dance 6yrs & over

Instruction offered in regional dances with emphasis on stage presence, self-confidence and projection. Performances are given throughout the year.

Costuming cost not included in fee.

Instructor: M. Sanchez

Fee: \$25 Resident/\$30 Nonresident

#1245.321 Thu 5 – 5:45 pm

Latin Dance 6 – 14 yrs.

The basics of graceful and exciting Latin dance will be taught to beginners.

Learn rhythm and listening skills.

Instructor: M. Sanchez

Fee: \$25 Resident/\$30 Nonresident

#1310.325 Tue 6 – 7 pm

Salsa/Merengue Adults

Learn to dance to the popular Salsa and Merengue music.

Everyone is welcome to join the fun. Participants should have prior knowledge of the basic steps of Salsa and Merengue for the Intermediate class.



Instructor: E. Arredondo
Fee: \$25 Resident/\$30 Nonresident
Beginning
#1480.321 Mon 7 – 7:50 pm
#1485.322 Tue 7 – 7:50 pm
Intermediate/Advanced
#1485.323 Thu 7 – 7:50 pm

Youth to Adult Belly Dancing 6 – 21 yrs.

This class offers basic instruction for youth and adults on the movements of belly dancing.

Instructor: C. Martinez
Fee: \$39 Resident/ \$49 Nonresident
#1454.324 Mon 6 – 6:50 pm

ART & CRAFTS

Drawing for Kids 6 – 10 yrs.

Beginning drawing class where kids will develop a sense of observation. Creativity and individuality will be encouraged. Different media will be presented (pencil, chalk, marker, etc.)

Instructor: C. Olimon
Fee: \$37 Resident/\$45 Nonresident
#3105.325 Thu 5 – 6 pm



Creative Comic Strips 6 yrs. and over

Students will learn how to create characters, develop a story strip, utilize background details, and breakdown a layout. Students will learn penciling, inking, and coloring techniques. All materials are included.

Instructor: A. Melzer
Fee: \$30 Resident/\$35 Nonresident
#3270.321 Thu 6 – 8 pm

Cooking 6 – 12 yrs.

Youngsters learn their way around the kitchen as well as the basics of nutrition.

Instructor: Staff
Fee: \$18 Resident/\$22 Nonresident
#3111.321 Wed 3:30 – 4:30 pm



Ceramics 10 yrs and over

This introductory class is designed to teach students the basics of working with ceramics. Molds and kiln are available. Other materials are supplied by the students.

Instructor: N. Wallis

Fee: \$27 Resident/\$31 Nonresident

#3200.321 Wed 9 am – 12 pm

#3200.222 Thu 9 am – 12 pm

#3200.223 Wed 6 – 8 pm

Creative Clay 6 yrs. and over

This class welcomes beginning through advanced students. Several basic ceramic hand building techniques will be taught. Creativity will be encouraged along with learning. Fee includes one bag of clay, some tools and glazes. Extra clay, tools, and glazes are additional.

Instructor: A. Melzer

Fee: \$30 Resident/\$35 Nonresident

#3180.321 Mon 6 – 8 pm

FITNESS

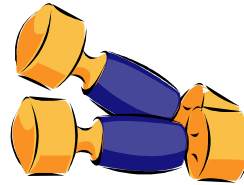
Step Aerobics Adults

Tone, firm and shape the upper and lower body with exercise bands and hand weights. Improve circulation and breathing, strengthen bones and muscles. Decrease stress and anxiety, gain better control of body weight and diet. Lower both blood pressure and cholesterol. Meet new friends and most importantly, have fun!

Instructor: C. Saunders

Fee: \$5/day or \$20/month

Mon/Wed/Fri 6 – 7 pm



Aerobics Plus Adults

Combine cardio kickboxing, high/low and STEP and you have the perfect combination of basic moves to take your workout to any intensity level you want. No experience required.

Instructor: M. Bustillos

Fee: \$5/day or \$20/month

Mon/Tue/Thu



Yoga Adults

Yoga builds a strong foundation for self-assurance, clear thinking, and responsibility. Develop deep breathing, increased flexibility, and good health through easy and pleasurable movements.

Instructor: Y. Rodriguez

Fee: \$25/ 8 classes or \$5/ class

#4110.322 Wed 7 – 8 pm

Gymnastics 6 yrs. and over

This is a progressive, level-based program that is patterned after the program of the United States Gymnastics Federation. Classes are designed to build a

strong skill foundation in order to ensure that students will progress at a consistent rate while building self-confidence and coordination. The major emphasis is on floor tumbling. Gymnastics I is designed for the beginning tumbler. NOTE: Successful completion of Preschool Tumbling or approval of instructor is required for those under 6 years of age. Gymnastics II students must be proficient in backward rolls, backbends, handstands, cartwheels, backbend from stand, and bridge kickovers. Gymnastics III students must be proficient in backward rolls, backbends, handstands, cartwheels, backbend from stand, bridge kickovers, and pullover on the bar.

Instructor: L. Cornwall

Fee: \$25 Resident/\$29 Nonresident

Gymnastics I/Novice

#4105.323 Mon 4 – 4:50 pm

#4105.325 Sat 10 – 10:50 am

Gymnastics II

#4110.323 Sat 12 – 12:50 pm

Gymnastics II/III

#4131.326 Sat 1 – 1:50pm

Boys Gymnastics (all levels)

#4130.324 Sat 11 – 11:50 am

Karate

These classes are recreational in nature due to the fact that they provide an excellent exposure to karate, but, as such, do not offer the rapid movement through skill levels and colored belts that more time-intensive, studio-based programs offer. The Recreation Department utilizes instructors from local martial arts studios and any formal testing for belt advancement is done at those studios under guidelines set up by the particular karate federation with which the studio is affiliated. The Recreation Department does not specifically endorse outside studios. Arrangements for additional fees associated with this program (uniform, federation fees, testing) are not administered through the class instructor. Instructor approval is required for all intermediate and advanced classes.



Karate-Do

Instructor: S. Ingalls

Fee: \$25 Resident/\$30 Nonresident

Beginning 5 – 11 yrs.

#4320.322 Tue 5 – 5:50 pm

Beginning/Intermediate 12 yrs. and over

#4325.324 Tue 6 - 6:50 pm